

FORGING THE FUTURE:



Visit NEHC Health Promotion Homepage: <http://www-nehc.med.navy.mil/hp>
Subscribe to this publication by visiting our web site. Click on "Friday Facts"



Friday FACTS

13 February 2004

"Leadership, Partnership, and Championship"

YOU ARE INVITED TO JOIN THE "CREWS INTO SHAPE" CHALLENGE

What is the Crews Into Shape Challenge?

Since 2001, NEHC has hosted the Crew Into Shape Challenge. This program brings all members of the Navy family together in a team approach to promote healthy eating and physical activity. The challenge is scheduled during the month of March each year in conjunction with National Nutrition Month.



Why Join the Challenge?

Crews Into Shape is a fun, team-oriented program that promotes health and fitness. The challenge encourages all participants to eat 5 or more servings of fruits and vegetables daily, 30 minutes of exercise 5 or more days a week, drinking adequate fluids/water, and maintaining or achieving a goal weight.

Last year 283 individuals participated from 39 teams. Nine hundred pounds of weight was lost, 6,185 servings of fruits and vegetables were consumed, 79,035 hours of exercise was completed, and everyone had fun while doing it! **Crew Into Shape T-shirts will be awarded to the top 4 winning teams.**

How Do I Join?

- Find 4-10 team/crew members
- Pick a team/crew leader
- Register your team by 27 Feb 04
- For challenge rules and registration information go to: http://www-nehc.med.navy.mil/hp/Crews_Into_shape/index.htm.

Get in on the fun and accept the challenge!



THE POWER OF C



Brighten up these cold, dreary winter months with a navel orange, just bursting with juicy flavor. Oranges are especially high in vitamin C, with about 80 milligrams in each one, which more than meets the daily recommended amount.

Oranges are also a good source of fiber and foliate and even pack 10 percent of the daily value for calcium—not too shabby for a low-cal treat.

Along with navel oranges, there are tons of other zesty varieties to choose from.

Source: Kraftfoods.com



"To change a habit, make a conscious decision, then 'act out' the new behavior."

– Dr. Maxwell Maltz